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Dear Tim, Barbara:

You've asked a number of times what I recommend taking in terms of longevity pills & regimens. Enclosed is an advanced but not final version of chapter 8 of the book I'm working on, which spells out part of the answer (more later). Please don't in any way circulate this chapter or make recommendations to others, until I'm ready.

I received several copies of Sphinx, with my translated prose-poem therein. You might like to see the English original, which was published in the art-language magazine DUMB OX.

best

Roy